

value for stress resilience and coping and contributing sub-values from four assessed life dimensions;

**[0014]** FIGS. 6A-6D depict exemplary screenshots providing information to an individual regarding a profile established by the assessment evaluation tool;

**[0015]** FIG. 7 depicts an exemplary community site offered by an embodiment of the present invention through which an individual may share stress levels with others;

**[0016]** FIGS. 8A-8E depict an exemplary exercise sequence provided by an embodiment of the present invention;

**[0017]** FIG. 9A depicts an exemplary environment suitable for practicing embodiments of the present invention; and

**[0018]** FIG. 9B depicts an exemplary Lifestyle Management Platform of the present invention in more detail.

#### DETAILED DESCRIPTION

**[0019]** Adverse medical conditions related to lifestyle are increasing in frequency and are leading contributing factors to many of the chronic diseases most often seen in today's medical system. For example, chronic stress is seen as a major cause of obesity, cardio-vascular issues, sleep issues, depression and substance abuse. While narrowly targeted programs for diet, exercise, relaxation and self-help abound, existing processes for helping individuals achieve lasting behavioral and lifestyle change to prevent and/or lessen lifestyle-related adverse medical conditions have been proven ineffective as the processes fail to address the multiple factors affecting the modern individual lifestyle.

**[0020]** The embodiments of the present invention provide always available online mechanisms for identifying and managing the multiplicity of factors affecting an individual's lifestyle. The lifestyle management platform of the present invention treats the entire individual, body and mind, by assessing multiple different aspects of an individual's state of mind and physical well-being. The lifestyle management platform identifies an individual's specific physical and psychological needs and treatments thereof by utilizing a whole body/holistic approach. For example, the lifestyle management platform may analyze the individual's body, mind (including thinking traps and attitudes that create stress), connections (including positive connections to friends, community, family and life purpose) and surroundings (such as relationships to home, work, money, etc.). The lifestyle management platform of the present invention may also help an individual to create self-awareness, build peer support networks and may enable and require rigorous self-measurement and reporting by the individual using the lifestyle management platform.

**[0021]** The lifestyle management platform may utilize integrative medicine and positive psychology in treating an individual. Integrative medicine takes into account the whole person, body, mind and connections, including all aspects of lifestyle. Integrative medicine emphasizes the therapeutic relationship between the doctor or therapist and their patient, makes use of appropriate therapies, both conventional and alternative, and emphasizes lifestyle and prevention. Positive psychology emphasizes an approach that attempts to strengthen already strong aspects of an individual in addition to the more conventional approach of fixing weak and problem areas. Positive psychology includes a focus on nurturing talent, improving quality of life, a refocusing from simply

ameliorating negative mood to also boosting positive mood, and teaching life skills that engender a sense of purpose, belonging and well-being.

**[0022]** In one embodiment of the present invention, the lifestyle management platform generates a personalized behavioral management program that targets stress. Stress is caused by a multiplicity of lifestyle factors and is a major contributor to disease and dysfunction in private life and in the workplace. The behavioral management program for stress (hereafter "stress management program") provides a personalized and measurable stress reduction program that delivers resilience and coping skills, mind/body awareness techniques, diet and exercise plans and a supportive system of coaching and encouragement. By providing continuing and updated assessments of stress factors, the stress management program provides dynamic feedback which may be utilized by an individual to achieve a healthy and well-balanced lifestyle. In addition, the individual may receive customized feedback on how to use the skill based on their current level of facility with the skill, further promoting quality of skill use.

**[0023]** FIG. 1 depicts an exemplary sequence of steps used by an embodiment of the present invention to generate a personalized stress management program for an individual. The sequence begins with an individual undergoing an online assessment offered by the lifestyle management platform (step 102). The online assessment may be performed via a series of questions directed to the individual that focus on different aspects of the individual's physical and mental condition. For example, the online assessment may include a series of questions related to different aspects of the individual's physical and mental condition that impact the individual's lifestyle. These different aspects of the individual's physical and mental condition are referred to herein as "life dimensions." Exemplary life dimensions may include a Mind life dimension, a Body life dimension, a Connections life dimension and a Surroundings life dimension. Life dimensions are discussed in more detail below. It will be appreciated that other life dimensions are also within the scope of the present invention. The assessment may utilize a series of questions and answers in each dimension to measure each individual's stress symptoms, the lifestyle habits that contribute to stress and the individual's resilience and stress coping strengths and weaknesses.

**[0024]** The lifestyle management platform includes an assessment evaluation tool that may programmatically score the individual's answers to the assessment questions according to pre-defined criteria to calculate an overall resiliency score for the individual. The resiliency score is indicative of the overall mental and physical status of the individual and their current stress coping ability and is calculated using the individual scores for each of the assessed life dimensions. The resiliency score may be used by a profile generator module of the lifestyle management platform to automatically generate a profile for the individual (step 104). Once generated, the profile generator module may use the profile to create a personalized lifestyle management program for the individual (step 106). For example, the profile generator module may use the profile to create a stress management program for the individual. It will be appreciated that the generation of the profile and the creation of the lifestyle/stress management program may also be performed by separate modules rather than a single module without departing from the scope of the present invention. Further, while the description herein discusses various functionality attributed to specific software